

**County Championships for 5000m**  
**County Championships for 3000m Race Walk**

These two events were held at Banbury on Sunday 31<sup>st</sup> May 2026. It had not been possible to accommodate them within the main County Championships, held at Milton Keynes in May.

With all age groups running in the one 5000m race, first home was Dan Blake (M35, Witney Road Runners), in a time of 15:54.6. Behind him came first senior man, Nicholas Langrish (Abingdon AC), in 16:25.4. Next in were a couple of young athletes, also from Abingdon AC, with Josh Steel taking the U18 gold medal ahead of his clubmate Peter Irvine. Josh's winning time of 16:42.3 is an inaugural Championship Best Performance, with the age groups changes introduced this season.

The first M50 to finish was Dewi Thomas (Cherwell Runners & Joggers) in 18:21.3.

The Men's 3000m Walk was won by Martin Slevin (M60, Headington Road Runners), ahead of club colleague and doyen of County Race Walking, Graham Chapman. Martin's winning time was 17:54.6. Third home was novice walker Vlad Kralik (M35, OCAC).

*The picture is of walkers Vlad and Martin, alongside Alan Vincent (Timekeeper and Race Walk Judge) who presented the medals on behalf of Oxfordshire AA.*